

# MARCH 2012(II)

## Bi-Weekly Stall Talk



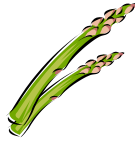
### NUTRITION WORD SCRAMBLE

#### 1. AIENMTVI \_ \_ \_ \_ \_

This antioxidant protect cells from damage.

#### 2. MNODALS \_ \_ \_ \_ \_

Excellent source of vitamin E.



#### 3. EOLFTA \_ \_ \_ \_ \_

Asparagus & spinach are good sources of this B vitamin.

### March Safety Answer:

In the US, candles are responsible for how many residential structure fires each year?

- A. 9,400
- B. 15,021
- C. 8,483
- D. 12,450



In the U.S. candles are also responsible for 950 civilian injuries, 90 fatalities, and \$120.5 million in direct property loss.

**Remember...Healthy Employees are Safer Employees!**

### Spring into fitness!!

Mary will be teaching **FREE** exercise classes for **City Employees!**

**When:** April 17th—May 24th,  
Tuesdays & Thursdays

**Where:** Rec Center


**Time:** 5:30 pm-6:15 pm

- Kick 'n Tone-Tuesdays
- Bellies, Backs & Butts-Thursdays



**It's FREE for City Employees!**

For more info contact Mary x514 or  
[mfacciani@cityofcasperwy.com](mailto:mfacciani@cityofcasperwy.com)

WellDyneRx® Your  Corner!

Seasonal allergies are high right now!

Check out Casper's weekly allergy forecast:

<http://www.casperwy.gov>

Go to *Employment* then *Employee Wellness*

With a written script OTC non-sedating anti-histamine's are available at a \$0 co-pay! For more info refer to your Plan Document Book! It's located on-line under *Employment* then *Employee Benefits*, pg. 28.



*The time to relax is when you don't have time for it."*

~Sydney J. Harris

**The Leprechaun says.....  
Go BANANAS!**

**This fruit is amazing!!!!**

**Bananas can help with:**

- ⇒ Instant boosts of energy!
- ⇒ Depression
- ⇒ PMS
- ⇒ Anemia
- ⇒ Blood Pressure
- ⇒ Brain Power (potassium-packed fruit makes you more alert)
- ⇒ Constipation
- ⇒ Hangovers
- ⇒ Morning sickness
- ⇒ Mosquito bites and warts (place inside of peel on infected skin)
- ⇒ Calms the nerves
- ⇒ Help the body recover from the effects of nicotine withdrawal
- ⇒ Reduce stress



**Bananas...the natural remedy!**